

Abstract

Title:

Case Study: Physiotherapeutic Treatment of Ankle Distorsion

Goals:

The goal of this work is data collection and processing of theoretical information about ankle distorsion.

Summary:

The thesis consist of two parts, a theoretical one and practical one. The first one deals with facts connected to the diagnosis of ankle distorsion. Anatomy, kinesiology, possible causes and treatment options. The second part contains an initial kinesiological analysis, short-term and long-term therapy schedule, therapy itself and the output kinesiological analysis together with an evaluation of the effect of therapy. The practical part was conducted at The Centre of Locomotive System Treatment from 11.1. – 11.2. 2021

Keywords:

physiotherapy, case study, ankle joint, traumatology, treatment of distortion